



The Blue Horizon

E Kokua Pakahi Kakou

December 2002

ISC Honolulu Work-Life Newsletter

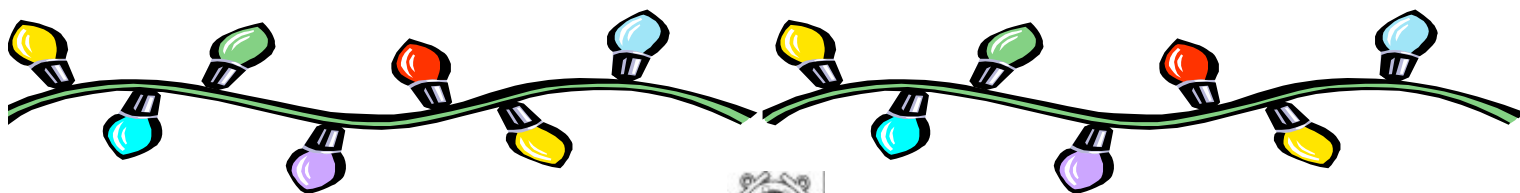
Volume 10 Issue 12

MELE KALIKIMAKA !!!



Best wishes for
a joyous
holiday
season...

Aloha,
Your Work-Life Staff
Walt, Owen, Jeri, Mary, Jessica,
Shirley, Faye



Mission Statement: *Work-Life Programs enhance mission readiness
through personal and command information, referral, and intervention for Team Coast Guard.*

How to Avoid the Holiday Blues

by Ms. Jeri Couthen

The Employee Assistance Program Coordinator (EAPC) provides preventive education in life skills areas, crisis management, and resource referrals. The EAPC's goal is to help Coast Guard members, civilian employees, and family members make independent, informed decisions that affect their quality of life.

Why are Holidays Depressing?

Mild depressions have come to be associated with many significant holiday periods. For some people, these periods of celebration promote loneliness and act as an unwanted reminder that they are not with the ones they love at a special time.

For others the holiday may represent a happier, more secure time in their lives; childhood or other pleasant memories point out the unhappiness of the present situation and cause depression because they realize that cannot go back to the past, or cannot go home again.

Common Reasons for the Holiday Blues

The possible causes of holiday low periods are almost as numerous as the holidays themselves. The following is a list of reasons people give for feeling depressed around holidays and celebrations:

- Other problems seem worse because you're supposed to be happy.
- Expectations are great but often not met and so there are a lot of disappointments.
- Feeling forced to have a good time, "to get in the holiday spirit", and be with others when you really don't want to be.
- Directly or indirectly being reminded of your current unhappy social or economic situation.
- Old grudges resurface or family feuds are rekindled.
- Feeling you have a poor relationship with the person being honored. Such feelings are common around Mother's and Father's Day and birthdays.
- Feeling time is passing, or has passed you by, and you have not accomplished what you want to do with your life.
- Too much sugar and/or alcohol!

Is Christmas the Worst?

Contrary to popular belief, there is no one season or holiday that brings about more depressive episodes than another. It's the significance the individual attaches to the day and how these feelings are handled that can cause a mild depression.

How To Prevent the Holiday Blues

It is important to realize that everyone is unhappy or sad at times. These feelings are normal and will not last forever or recur with every holiday. If you feel you might be prone to a mild depression around the holidays, there are a few things you can do:

Keep your holiday expectations realistic. Realize that there are limits to every occasion. You do not have to give or receive the best gift or throw the biggest party to be appreciated. Do what you can do to be comfortable with whatever there is.

Give added attention to the things you enjoy. If you enjoy being with relatives and friends on holidays, spend your time with them by making arrangements in advance. If giving gifts is enjoyable, make this time special by involving as many people as possible, perhaps drawing names to make it easier on everyone's budget.

Do not take on more responsibility than you can comfortably handle. If you cannot handle the holiday meal yourself, perhaps another person can more easily do it or assist you in the preparations. The key is to **tell someone** you need their help!

For additional information or guidance, you may call the Work-Life EAP Coordinator at 541-1585 or you may call 1-800-222-0364 directly to arrange for free, confidential counseling services from the Employee Assistance Program.

Coast Guard Certified Childcare

By
Ms. Mary Mansfield

The Family Resource Specialist (FRS) provides direct and referral services in the areas of childcare, elder care, scholarships for family members, special needs, and adoption reimbursement.

Childcare – Where does it begin and end? Who is available to do this awesome job of taking care of my child in my absence? – And how can I afford quality care? Do I know the difference in quality care and custodial care?

These are just a few of the questions a parent might have when seeking childcare.

Here on Oahu, there are Navy, Army, Air Force and Marine Corps Child Development Centers, private daycare centers, and civilian and military family childcare homes.

Our own Coast Guard In-Home Family Childcare Program is an excellent choice. Commandant Instruction M1754.15 sets the guidelines for operating a family childcare business out of a Coast Guard residence. Housing regulations state that any care over 10 hours a week requires Coast Guard certification. This regulation allows neighbors to help each other out for doctor's appointments, exercise, shopping, etc. Any childcare *exceeding 10 hours a week* must comply with Commandant Instruction M1754.15. It's a safety and liability issue.

The process to become certified in the Coast Guard Family Childcare Program generally takes about six weeks to complete. Criteria to be considered an applicant includes:

- 1) Experience in working with children.
- 2) Knowledge of child development.
- 3) Ability to organize records.
- 4) Enjoyment of children for who they are.

Other qualifications that must be met include:

- 1) Background Check

- 2) Health Clearance
- 3) Fingerprinting
- 4) CPR & First Aid Certification
- 5) Inspection of residence
- 6) Liability insurance
- 7) Letters of reference

A parent using certified childcare *must complete the registration packet **before** care begins*, whether the care is for an hour drop-in or full time care. This provides the maximum protection for the child and the provider's business in the event of an emergency, so parents can be reached, medical facilities have permission to treat the child, and all pertinent information is known. A written contract is also a requirement. Parents should receive their own copy, agreeing with policies and fees stated *in writing* before care begins. Fees are a private matter between parents and provider. The average rate for hourly care is between \$3.50-4.50. Full-time rates vary from \$100-130 per week.

Although this may sound expensive, there is a Coast Guard subsidy to help parents defray the costs of their childcare. If your child meets any one of the following three categories, you qualify for \$5.00 a day off the fee charged for care:

- 1) Infant (birth to two years)
- 2) Special Needs category
- 3) Means Income (you would qualify if your income level falls within USDA guidelines for free or reduced lunch).

As for the issue of Quality care versus Custodial care, a Coast Guard certified childcare provider is trained in CRP and First Aid, Child Abuse and Neglect Symptoms, and Fire Safety before they

can open their homes for business. Twenty-four hours of additional training in the areas of child development, activities, nutrition, health and safety, business practices, etc are required within the first year of certification. Monthly *unannounced visits* are made to each home. Currently, we have four (4) Certified Providers who can each take care of a maximum of 6 children, including their own, under the age of eight years. Of the six total, only 2 children may be under the age of 2 years.

It takes a multi-talented person to run this childcare business in their home, as well as manage the military lifestyle of their own family. If you, the reader, are interested in exploring this possibility, please give me a call at the Work-Life Center @ 541-1584.

Custodial care, as contrasted with quality care, would mean that your child receives the bare necessities for adequate care. Developmental activities would probably be non-existent. This type of care limits the development of your child at a crucial time in their life. Early experiences help to determine brain structure, thus shaping the way a child learns, thinks, and behaves for the rest of their life.

Your choice of childcare is one of the most important decisions you will make as a parent. Research shows that high quality childcare and early education can boost a child's learning and social skills when they enter school.

If you'd like additional information on becoming a Coast Guard Certified Childcare Provider, or have questions about choosing Quality childcare, contact Mary Mansfield, Family Resource Specialist, at 541-1584.



Parenting Tips for the Job of Lifetime

1. **Give PRAISE and ENCOURAGEMENT** openly and without reservation.
2. **Express your VALUES** and share why you have the values that you have.
3. **BE CONSISTENT.**
4. **Use movies, CDs, and television shows** as conversation starters.
5. **Involve your child as much as possible in making FAMILY RULES** and decisions.
6. **Be a good role model for your child.**
7. **Read to your child everyday** or let him read to you.
8. **Talk to your child about sex as early as possible.** Be open, honest, and approachable. Remember to give age appropriate facts including correct anatomical names.
9. **Avoid power struggles with your child.**
10. **Treat your child in the same manner as you would your friends—with LOVE, COURTESY, and RESPECT.**
11. **Be appreciative of your child's EFFORTS,** even the small stuff.
12. **Never leave your young child unattended.**
13. **Fast-food meals usually contain a lot of FAT and SUGAR.** Limit these meals, especially for your child.
14. **ENCOURAGE** your child to do his or her **HOMEWORK** every night by suggesting an acceptable time to do it, providing a quiet place to work, and being available for help.
15. **Support school rules and goals.**

(Tips were taken from a bookmark distributed by Active Parenting Publishers. For more information, go to : www.activeparenting.com)



Scholarships for Military Children 2003 Program

1. The Defense Commissary Agency/Fisher House Foundation announces the availability of its 2003 scholarships. The program was created to recognize the contributions and sacrifices military families make to ensure the readiness of the fighting force and to celebrate the role of the commissary in the military community. The scholarship program is administered by the nonprofit Fisher House Foundation, best known for building family comfort homes near military medical facilities for families experiencing a medical crisis.

2. To date, nine hundred and twenty scholarships of one thousand five hundred dollars each has been awarded to military children. The Defense commissary agency and the Fisher House Foundation hope to increase the number of awards this year. One scholarship will be awarded at every commissary location. These scholarships are for the sons and daughters of all active duty, reserve/guard, or retired military personnel (including survivors of deceased members). Eligibility will be determined by using the Defense Enrollment Eligibility Reporting System (DEERS) database.

3. Applicants must:

- A. Provide information on citizenship, school and community activities, and leadership,
- B. Have cumulative grade point average of a minimum 3.0 on a 4.0 scale,
- C. Provide a short essay (not to exceed 500 words). The essay topic for 2003 "How has being the child of a military service member influenced your educational goals?" should be carefully considered when applying for the scholarship,
- D. Provide proof of acceptance to college applicants who receive an appointment to one of the U.S. military academies (or affiliated preparatory schools) or are awarded a full scholarship at any U.S. school are not eligible to receive funds from this program.

4. Applications may be picked up at your local commissary or the application and specific qualification requirements can be found at the Defense Commissary Agency website at www.commissaries.com at the "Scholarship for Military Children Program" link. The application can be completed on the computer, then printed and mailed or delivered to the nearest commissary. Applicants may apply at one commissary only. Applications received at different sites from the same applicant will render the applicant disqualified and none of his/her applications will be considered. The preferred method for returning applications is hand delivery to the store by the applicant or his sponsor. However, applications can also be mailed to the commissary in cases where the applicant lives more than a reasonable distance from a commissary. Applications must be received at the commissary by close of business on 21 February 2003. A postmark of 21 February 2003 is not acceptable.

5. For additional information, contact Ms. Yvette Wright at 202- 267-6728 or Ywright@COMDT.USCG.MIL

6. Internet release authorized.

7. RADM Joyce M. Johnson, Director of Health and Safety, sends.

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Armed Services YMCA 2003 Military Family Month Art Contest



1. The Armed Services YMCA has announced its Eighth Annual Art Contest in the support of Military Family Month. Students of Military Families in the Army, Navy, Marines, Air Force, Coast Guard and National Guard, in Kindergarten through sixth grade, are eligible to submit pictures of their military families.
2. A Winner will be picked from each service and awarded a five hundred dollar U.S. Savings Bond. The winning entries will be featured on the 2003 Military Family Month Poster. Second place winners will receive a one hundred dollar U.S. Savings Bond. Children of Department of Defense and civilian personnel may enter in honorary category for a one hundred dollar U.S. Savings Bond.
3. Drawings submitted should be in color on 8.5 by 11 inch paper and should show the artists military family. Individual members of the family should not be identified on the picture.
4. The following information should be included on the back of the entry: Students name, grade and age, address, phone number or email where a parent may be reached, parents names, service affiliation, rank of military member, military installation, and, if you attend a defense department school, the schools name. Missing information has disqualified entries in the past, so please include all requested information. All entries submitted become the property of the Armed Services YMCA and cannot be returned.
5. Mail entries to Armed Services YMCA, Attn: Art Contest, 6359 Walker Lane, Suite 200, Alexandria, VA 22310. Entries should be postmarked no later than 27 January 2003.
6. For additional information, visit the Armed Services YMCAs Website at WWW.ASYMCA.ORG.
7. Internet release authorized.
8. RADM Joyce M. Johnson, USPHS, Director of Health and Safety, sends.
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Coast Guard Exchange System (CGES) Scholarship Program



- A. Coast Guard Exchange System (CGES) scholarship program, COMDTINST 1780.1
1. This ALCOAST serves as a reminder that CGES recently established a program to provide three scholarships. Students who are dependents of active duty and reserve Coast Guard members, civilian NAF and APF employees, and Coast Guard auxiliaries and embarking on college/university studies are eligible to apply. A 1,500 dollar scholarship will be awarded to the most outstanding applicant, and two 500 dollar scholarships will be awarded to the two runners-up. The selection committee will consider academic achievement, accomplishments and interests, and participation and demonstrated leadership in both school-oriented and community volunteer activities. Applications must be postmarked NLT 28 Feb 2003. Criteria, application procedures and info about the selection process may be found in REF (A) available at: WWW.USCG.MIL/MWR.
 2. POC is CDR David Sweeney AT 757-420-2480.
 3. Internet release authorized.
 4. RADM Sally Brice-Ohara, Director of Personnel Management, sends.
BT
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Chaplain's Corner

By
LCDR Daniel E. McKay, CHC, USNR

There is a special package we place under our Christmas tree each year. To see it, you would probably not think it anything other than an ordinary small box wrapped with ordinary paper and bow. What sets it apart from the other gifts, though, is the meaning attached to it.

You see, it was given to us by one of our church members where I served as pastor a few years ago. The giver, a single, elderly woman by the name of Gladys, gave it to us after worship service one Sunday during the Christmas Advent season. As she handed it to us she said, "I really didn't know what to give you and your family, pastor, so I decided to give you the best I have."

We thanked her and went on greeting others as they left the church building. Upon our arrival home, we were able to read the note attached to the gift. It simply reads, "When no other gift will suffice only the perfect gift will do. And best of all, it's the gift that never stops giving. For it's the gift of God's love from my heart to yours."

Of all the gifts we have ever been given, this is the one we treasure most: the gift of God's love extended from the hearts of others, like Gladys, to ours. And, when we stop to really think about it and meditate fully and deeply upon it, isn't this the Christmas message? Isn't this the gift God gives us through His Son, Jesus, and isn't this the gift He desires we give one another and to others, not just at Christmas but all year through?

Indeed, the Apostle James is right: "Every good and perfect gift is from above, coming down from the Father . . ." (James 1:17). And no greater or more perfect gift is there beyond God's love (John 3:16-17). Truly, it is the gift that keeps on giving! **MERRY CHRISTMAS and HAPPY NEW YEAR!!!**

Religious Faith and USCG History Calendar:

01 Dec 2002	First Advent Sunday (Christian)
01-07 Dec 2002	Hanukkah continues (Jewish)
01 Dec 1944	Office of Air-Sea Rescue established
02 Dec 2002	Lailat ul Qadar (Islam)
06 Dec 2002	Eid ul Fitri (Islam)
06 Dec 1944	Ormoc Landing, Philippine Islands
07 Dec 1941	Japanese attack on Pearl Harbor
08 Dec 2002	Second Advent Sunday (Christian)
	Immaculate Conception of the Blessed Virgin Mary (Catholic Christian)
08 Dec 1904	Lighthouse Service expands to Midway Islands
12 Dec 2002	Feast Day: Our Lady of Guadalupe (Catholic Christian)
	Christmas Fast begins (Orthodox Christian)
12 Dec 1876	First examination for Revenue Cutter cadets
14 Dec 1854	Congress authorizes appointment of first lifeboat station keepers
15 Dec 1943	Arawe Peninsula Landings, New Britain
15 Dec 1944	Mindoro Landings, Philippine Islands
15 Dec 2002	Third Advent Sunday (Christian)
16 Dec 1831	USRC GALLATIN is first cutter authorized to assist mariners in distress
17 Dec 1903	Kill Devil Life Saving Station personnel assisted the Wright brothers with first airplane flight at Kitty Hawk, North Carolina
21 Dec 1936	Executive Order No. 7521 authorizes Ice Breaking
22 Dec 1837	Congress authorizes first maritime safety activities by the Revenue Marine Service
22 Dec 2002	Fourth Advent Sunday
24 Dec 2002	Christmas Eve D14 Diamond Head Lighthouse Service
25 Dec 2002	Christmas Day (Christian)
25 Dec 1944	Occupation of Palompon and Leyte, Philippine Islands
26 Dec 2002	St. Stephen's Day (Christian)
26 Dec 1943	Coast Guard manned LST's conduct landing at Cape Gloucester
27 Dec 1968	Coast Guard authorized to provide additional LORAN-C Coverage in Southeast Asia
28 Dec 2002	The Holy Innocents (Christian)
28 Dec 1857	Illumination of light in the Cape Flattery Lighthouse
28 Dec 1903	Lighthouse Service extended to Hawaii
29 Dec 1903	Lighthouse Service extended to Guantanamo, Cuba
30 Dec 2002	Holy Family of Jesus (Catholic Christian)
31 Dec 2002	New Year's Eve
31 Dec 1981	LORAN-A coverage, which began in WW II, comes to an end.

In God's love,
Chaplain McKay

GET TRICARE INFORMATION ANYTIME!

It's early in the morning, late at night or your day off and you have questions about the TRICARE program and want answers now. Where can you get TRICARE information anytime?

With your home computer and Internet access, you can visit the Health Net Federal Services (HNFS) Web site at www.hnfs.net and find a wealth of information about TRICARE! If you don't have access to a home computer, check with your local library (they usually offer Internet access). On the HNFS Web site, you can find information about TRICARE Prime, Extra and Standard benefits, verify eligibility, determine coverage and limitations, verify reimbursement rates, find a provider and much more. Choose the "Beneficiary" option on the HNFS Web page and you'll find a variety of topics to choose from.

The HNFS home page welcomes you with important contact information (Lead Agent, Military Treatment Facilities, TRICARE Service Centers), important phone numbers, a glossary of terms, and a comparison of the TRICARE Prime, Extra and Standard benefit options.

The "Benefits" choice links you to the Prime Member Handbook, benefits and coverage charts for all programs, behavioral health services, pharmacy information and more. If you need to locate a physician, specialist, behavioral health provider or pharmacy, check out the "Provider Directory" link. The directory system is updated weekly and includes TRICARE Prime, Extra, Standard, TRICARE For Life, and TRICARE Prime Remote providers. "Enrollment" links you to TRICARE Prime enrollment information (including enrolling your newborn) and other enrollment related forms. Have a question about a claim? Use the "Claims" link to access claims information or the appeal process.

The "Healthy Living" link is your health education resource and provides information on preventive care services and benefits. Included are newsletters and magazines with tips on diet and other current health topics. The "News" link provides Hot Topics/Current Events – the latest TRICARE program change information, press releases and regional TRICARE briefing and event schedules.

There's also a special section called "Program Resources" with information linked to the Uniformed Services, Military Associations, Government Health Services, and Legislative Services.

For additional resources on TRICARE information, you may also visit www.TRICARE.osd.mil.

In Hawaii, contact Karl Kiyokawa, Health Net Federal Services at (808) 840-4703

RAISING CHILDREN IN TROUBLED TIMES



FREE VIDEO BASED PARENTING SERIES @ RED HILL COMMUNITY CENTER FACILITATED BY OWEN NORTON, FAMILY ADVOCACY SPECIALIST & MARY MANSFIELD, FAMILY RESOURCE SPECIALIST

ATTEND ANY OR ALL SESSIONS

THURSDAY, JANUARY 9, 1000 A.M.

PEERS (Helping children resist negative peer pressure)

THURSDAY, JANUARY 16, 1000-1100 A.M

CURFEWS AND WHERABOUTS (Setting rules and regulations when children are away from home)

THURSDAY, JANUARY 23, 1000-1100 A.M.

TEMPER TANTRUMS (Coping with children who lose control to get their way)

THURSDAY, JANUARY 30, 1000-1100 A.M.

SCHOOL BEHAVIOR (Being interested in school activities to improve children's behavior and attitude about school)

THURSDAY, FEBRUARY 6, 1000-1100 A.M.

TOGETHERNESS (Recognizing the importance of spending time together as a family)

THURSDAY, FEBRUARY 13, 1000-1100 A.M.

SEX (Supervising children's activities, knowing the environment they are in, who they are with, and what they are doing)

REGISTRATION NOT REQUIRED.

FOR MORE INFORMATION CALL 541- 1582 OR 541-1584.



Pearl Harbor, Serving the Hawaii Region
820 Willamette Street, Bldg. 193, Pearl Harbor, HI, 96860-5108
Phone: (808) 473-4222

NCTAMS PAC Satellite Office
500 Center Street, Bldg. 392, Wahiawa, HI, 96786-3050
Phone: (808) 653-0203

www.pearlharbor.navy.mil/ffsc

DECEMBER 2002 CLASS SCHEDULE

NO CHARGE FOR CLASSES. Open to all active duty, reserve, and retired personnel, family members, and DOD employees.

To register for FFSC classes, call (808) 473-4222 and press 1, or [Register Online](#)

EMPLOYMENT ASSISTANCE CLASSES	DATE	TIME	*LOCATION
FEDERAL EMPLOYMENT	DEC 10	1:00 PM - 3:00 PM	
INTERVIEWING SKILLS	DEC 11	1:00 PM - 3:00 PM	NCTAMS PAC
RESUME WRITING	DEC 3	8:00 AM - 10:30 AM	

FINANCIAL CLASSES	DATE	TIME	*LOCATION
CAR BUYING STRATEGIES	DEC 4	11:00 AM - 3:00 PM	
COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V)	DEC 9-13	7:30 AM - 4:00 PM	
MANAGING MONEY AND CREDIT	DEC 18	9:00 AM - 10:30 AM	
\$MILLION\$ DOLLAR SAILOR (I-II)	DEC 16-17	8:00 AM - 4:00 PM	NCTAMS PAC
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	DEC 3	10:00 AM - 11:00 AM	
THRIFT SAVINGS PLAN (TSP) BRIEF FOR UNIFORMED SERVICES	DEC 6	9:00 AM - 10:00 AM	NCTAMS PAC

INFORMATION AND REFERRAL CLASSES	DATE	TIME	*LOCATION
FOOD STAMPS APPLICATION BRIEF	DEC 12	9:00 AM - 10:30 AM	

PARENTING CLASSES	DATE	TIME	*LOCATION
BOOT CAMP FOR NEW DADS	DEC 4	6:00 PM - 9:00 PM	
CREATING A SUCCESSFUL STEPFAMILY	DEC 10	9:00 AM - 11:00 AM	
PARENTS! CAN WE TALK? YOU BET WE CAN! FOR ADOLSCENTS/TEENS (AGES 11-17)	DEC 13	8:00 AM - 10:30NCTAMS PAC	
PARENT SUPPORT GROUP	DEC 17	11:00 AM - 1:00 PM	

PERSONAL DEVELOPMENT CLASSES	DATE	TIME	*LOCATION
ADULTS MOLESTED AS CHILDREN	DEC 3, 10, 17	1:00 PM - 3:00 PM	
ANGER MANAGEMENT	DEC 18	8:00 AM - 11:00 AM	
COUPLE COMMUNICATION	DEC 10	1:00 PM - 3:00 PM	
HOLIDAY STRESS	DEC 11	8:00 AM - 11:00 AM	
NEW DIRECTIONS SUPPORT GROUP	DEC 5, 12, 19	3:00 PM - 4:45 PM	
SKILLS FOR MANAGING STRESS AND ANGER	DEC 2	8:00 AM - 10:30NCTAMS PAC	

RELOCATION ASSISTANCE CLASSES	DATE	TIME	*LOCATION
ALOHA TOUR	DEC 12	8:00 AM - 3:30 PM	
CHINATOWN WALKING TOUR	DEC 5	9:00 AM - 1:00 PM	

SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) CLASSES/MEETINGS	DATE	TIME	*LOCATION
SAVI COMMAND REPRESENTATIVE QUARTERLY REFRESHER TRAINING	DEC 17	12:45 PM - 2:45 PM	
SAVI VICTIM ADVOCATE REFRESHER TRAINING	DEC 10	12:45 PM - 2:45 PM	

TRANSITION ASSISTANCE CLASSES

DATE

TIME

*LOCATION

COMPANY RECRUITMENT: FEDERAL BUREAU OF
INVESTIGATION (FBI)

DEC 6

10:30 AM -
12:30 PM

PRE-RETIREMENT/EXECUTIVE TRANSITION ASSISTANCE
PROGRAM (E-TAP) SEMINAR (I-III)

DEC 3-5

8:00 AM - 4:00
PM

PRE-SEPARATION/SEPARATION TRANSITION ASSISTANCE
PROGRAM (STAP) SEMINAR (I-III)

DEC 10-12

8:00 AM - 4:00
PM

DECEMBER 2002

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All classes are located at the
Fleet and Family Support Center, Bldg.
193,
Pearl Harbor, unless otherwise
indicated.

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Armed Services YMCA/AMR
December 2002 Calendar of Events
1875 Aliamanu Drive, Honolulu, HI 96818
Phone 833-1185 Fax 834-3631
E-Mail: ASYMCAAMR@aol.com
Open Mon-Thurs, 8:00am – 1:30pm
Merry Christmas and Happy New Year!

PLAYMORNING

A **free** mobile playgroup in community centers and parks for moms, dads, and child care providers and children 0-5 years old. Play morning encourages learning, sharing, self-help skills and fun! Parent and child participation required. The program is open to all military family members. No registration or fee required. (Donations greatly appreciated.)

THEMES FOR DECEMBER - -
Family Life and Numbers

LOCATIONS & TIMES FOR AMR:

- ASYMCA Pavilion M, W, Fr 9:30-11:00
- Red Hill CC Monday 10:30-12:00
- Ft. Shafter S-plgrnd Tuesday 9:30-11:00
-

LOCATIONS & TIMES FOR PEARLHARBOR:

- Moanalua CC Tuesday 9:30-11:00
- McGrew CC Wednesday 9:30-11:00
- Manana CC Wednesday 9:30-11:00
- Catlin/Halsey CC Thursday 9:30-11:00
- Pearl City Penn CC Thursday 10:30-12:00
- Hale Moku CC Friday 9:30-11:00

***NOTE "CC" stands for Community Center

** AMR Playmorning is now held in our classroom.

KINDERMUSIC

An early childhood music and movement program based on the belief that every child is musical. The classes will be held on Thursdays from 10-10:45am. If interested, call Judy Wood at 624-2099.



BREAKFAST WITH SANTA!

Saturday Dec 14 at ASYMCA AMR from 9-10:30am. We will be serving breakfast, taking pictures with Santa and making a holiday craft. A limited number of tickets are on sale now. Ask your Playmorning coordinator or call 833-1185 for more information.

NOW OPEN!!!!!!

CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where you can drop off your children if you have a doctor's appointment. The Armed Services YMCA is in NEED of volunteers to keep this program running at Tripler Army Medical Center. If interested in volunteering, or placing an appointment, please call us at 833-1185. The hours of the waiting room are **Monday, Tuesday, and Thursday from 8:00-12:00.**

KEIKI CARE BABYSITTING CLASS

Offered December 23rd and 26th. It is available to children ages 10 and up. This class covers basic babysitting skills such as age appropriate games and toys, emergency preparedness, first aid and CPR. Please call 833-1185 for more information.

CALL 833-1185 TO INQUIRE ABOUT VOLUNTEER OPPORTUNITIES!

UPCOMING EXCURSION:

Dragon Tales! Come Fly With Us on December 5th at 10:30am! The show is at Blaisdell Center and the cost is \$11.50/person ages 2 and up. As always tickets are sold on a first come first served basis. Don't miss out!

ATTENTION: All expectant and new

moms. **WELCOME BABY** offers a support group twice a month! Come join us for an adult craft and discussion on various topics. Kid's can come too. For more information or to reserve your spot call Terri Nelson at 363-1830 or Pam Christopherson at 363-1897.





LAMAZE

This class provides great information & instruction on everything you need to know about childbirth. The class meets every Thursday for 6 weeks from 7-9pm. The next class begins December 12th, and continues through January 16th 2003. **Payment for this class is due no later than December 5th. Any questions please call us at 833-1185**

DONATE YOUR VEHICLE TO THE

ARMED SERVICES YMCA-it's a win-win situation for everyone! Donors earn a tax deduction based on the fair market value of the car. The Armed Services YMCA, using a reputable auto auction company, receives the profits from the sale of the car. These profits will be used to support Armed Services YMCA programs like Play morning, Welcome Baby, The Children's Waiting Room, and the Single Sailor Drop-In Center. For more information, please call Dave Gomez at 473-1427



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 PLAYMORNING Amr-9: 30-11:00am Red Hill-10: 30-12:00pm	3 PLAYMORNING Ft. Shafter-9: 30-11:00am Moanalua-9: 30-11:00am	4 PLAYMORNING Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	5 NO PLAYMORNING Dragon Tales!	6 PLAYMORNING Amr-9: 30-11:00am Hale Moku-9: 30-11:00am
9 PLAYMORNING Amr-9: 30-11:00am Red Hill-10: 30-12:00pm	10 PLAYMORNING Ft. Shafter-9: 30-11:00am Moanalua-9: 30-11:00am	11 PLAYMORNING Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	12 PLAYMORNING Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am <i>Volunteer Recognition Lunch at AMR ASYMCA</i>	13 PLAYMORNING Amr-9: 30-11:00am Hale Moku-9: 30-11:00am <i>Saturday the 14th is Breakfast with Santa!</i>
16 PLAYMORNING Amr-9: 30-11:00am Red Hill-10: 30-12:00pm	17 PLAYMORNING Ft. Shafter-9: 30-11:00am Moanalua-9: 30-11:00am	18 PLAYMORNING Amr-9: 30-11:00am McGrew-9: 30-11:00am Manana-9: 30-11:00am	19 PLAYMORNING Pearl City-10: 30-12:00pm Catlin/Halsey-9: 30-11:00am	20 NO PLAYMORNING 
23 NO PLAYMORNING Keiki Care 9-2	24 NO PLAYMORNING	25 NO PLAYMORNING 	26 NO PLAYMORNING Keiki Care 9-3	27 NO PLAYMORNING
30 	31 NO PLAYMORNING 	1 Jan NO PLAYMORNING	2 Jan NO PLAYMORNING	3 Jan NO PLAYMORNING



HOUSING CORNER *DECEMBER 2002*



CHILD SUPERVISION



One of the most important objectives of the Coast Guard housing program is to provide a safe environment for Coast Guard families, and most especially, for your children. All children under the age of 18 must receive appropriate supervision at all times. Remember that absentee supervision does not begin until age 12 and may not exceed 24 hours for ages 16 and 17. Please see section 2.06 of the ISC Housing Handbook. This law applies to all dependent, guests, and visitors of members living in Coast Guard owned housing areas. As a reminder, the tennis court and the new pavilion located next to the Country Store is off limits to children riding bicycles, skateboards, and cannot be used as a playground. When using the playground facilities, please be mindful that this area is available for the children's enjoyment. Please help us keep the playground area litter free by placing trash within its proper receptacle.



FIFTH ANNUAL HOLIDAY LIGHTING CONTEST



Plan now to decorate the outside of your house, including the yard, with holiday decorations and/or lights. Judging will take place on 13 Dec 02. The judges will select one set of officer quarters and one set of enlisted quarters as winners from Phase I and Phase II. Please remember **SAFETY FIRST** and only use UL approved electrical lights and decorations. Please turn off all lights nightly by 2200. Please attach your decorations carefully so as to not damage your quarters. **Please do not staple or nail into the roofs.** If you have any questions, please call the Housing Office at 831-2766.



FIREWORKS ARE PROHIBITED WITHIN THE HOUSING AREA



Please be aware that fireworks of any type are **NOT ALLOWED** within government housing, with the exception to hand held sparklers. To ensure safe practices, all children shall be monitored by an adult when using sparklers. Please take advantage of the many local fireworks shows/displays happening around town to help celebrate the New Year. Check your local newspapers for times and locations. Please contact the Housing Office at 831-2766 should you require additional assistance.



The ISC Housing Office would like to wish you and your family a safe and joyous Holiday Season. We look forward to continuing to bring quality service to our KKH housing community for the upcoming New Year.

FAMILY SUPPORT CENTER @ HICKAM AFB

Bldg 1105, 449-2494 or 449-6475

www.hickam.af.mil/FamSup

AT HOME ALONE, Dec 3, 2:30-3:30 pm. Find out if your school-aged children are ready to stay home alone. Also learn tips on how to develop an "At Home Alone" contract and foster in-home recreational activities. Parents and children are welcome.

DEALING WITH DIFFICULT PEOPLE, Dec 4, 9:00-11:00 am. Life can be fun and challenging. For those challenging times, join us in learning how to bring out the best in people. Try it on family members, co-workers, or customers. This workshop is designed to identify several types of difficult behavior and give you formulas for changing attitudes.

DEPLOYED FAMILIES' MEAL, Dec 18, 5:00-7:00 pm (Hale Aina Dining Facility). Cosponsored by the 15th Services Squadron and Family Support Center, this quarterly event is for families of deployed or remote-tour personnel. Dinner, craft activities for the children, and door prizes are all planned for this special evening.

FAMILY READINESS BRIEFING, Dec 2, 9, 16, 23, & 30, 1:00-2:00 pm. Create your own personal/family care plan in advance. All active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend. Learn about free phone cards, personal finances, Give Parents a Break, and more.

HOW TO APPLY FOR FEDERAL EMPLOYMENT, Dec 11, 9:00-11:00 am. Gain information on the employment process, salaries, and benefits for federal employment. Learn how to interpret job announcements and whether you are eligible to apply. Attendees will be provided guidelines, information, samples, and tips on completing the electronic Resumix.

INTERVIEWING WITH CONFIDENCE, Dec 9, 9:00-11:00 am. Experts agree that the most critical part of the hiring process is the interview. Learn the skills and techniques to turn your apprehension into anticipation.

INVESTING MADE SIMPLE, Dec 4, 1:00-2:00 pm. This class is designed for the person who is thinking about getting started in investing for the future. It will provide a solid overview of investing vehicles, such as mutual funds and stocks, and will address your risk tolerance. Learn about the different resources available which can help you build your financial future.

JOB SEARCH VIA THE INTERNET, Dec 19, 9:00-11:00 am. This class provides information on how to access computerized job banks, research companies, and other automated programs available at the Family Support Center. Special emphasis will be placed on utilizing technology to enhance your job search.

LOOKING FOR EMPLOYMENT IN HAWAII, Dec 3 & 17, 8:30-11:00 am. Let us help you find the job you want! Explore local employment trends, be informed on employment and

education resources, and register to use the JEMS computerized job bank. Class size is limited. Registration is required.

MONEY MANAGEMENT, Dec 18, 1:00-2:00 pm. This "hands-on" class will offer the participant the opportunity to create a budget using the automated program available in the Family Support Center's Resource Center. Participants will also use the PowerPay debt management software to assist with credit management.

NEW TO HAWAII FINANCIAL BRIEFING, Dec 20, 2:00-3:00 pm. Designed for all E-4s and below at their second permanent duty station. This financial orientation will help you with your unique assignment to Hickam and will introduce you to the many services of the Personal Financial Management Program. Active duty members must register through their orderly room. All others, please call 449-2494.

PLAYMORNINGS, Tuesday-Friday Sessions, Dec 3-20, 9:00-11:00 am. Free and fun playgroups. Parents and children ages 0-5 are invited to join our early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the Youth Center skating rink. No registration required.

RESUME WRITING I, Dec 12, 1:00-3:00 pm. The resume is the first step towards landing an interview. This class will provide you the necessary tools to make your resume competitive in today's job market. Following this session, come back for Resume Writing II to have your resume reviewed.

RESUME WRITING II, Dec 19, 1:00-3:00 pm. You will have the opportunity to have your draft resume reviewed by other participants and FSC staff members. Resume I, TAP Workshop, or equivalent training is required prior to attending this class.

SALARY/BENEFITS NEGOTIATION, Dec 12, 9:00-11:00 am. This class will teach you the basics about benefit packages and various techniques of negotiating your "Total Rewards Package."

SELF-ESTEEM: I MAKE A DIFFERENCE!, Dec 18, 9:00-11:00 am. Achieve confidence, credibility, and composure. This workshop aims to help individuals identify and build their self-worth as well as recognize the positive differences they make in the lives of others.

SPONSORSHIP TRAINING, Dec 5, 9:00-10:30 am. Be a super sponsor! As the unit's ambassador, you can make the relocation to Hawaii a very positive experience. Let us help you by giving you a one-stop shop of the necessary tools and resources needed to be successful. Recommended for all and essential for the first-time sponsor.

VOLUNTEER ORIENTATION, Dec 5 & 19, 11:45 am-12:45 pm (American Red Cross, Bldg 1113). Volunteers are needed and wanted on Hickam. Learn about the many volunteer opportunities within the 15th Air Base Wing, PACAF, or tenant

U.S. Department Of Transportation **United States Coast Guard**

Commanding Officer
USCG Integrated Support Command
Work-Life Center
400 Sand Island Parkway
Honolulu, HI 96819-4398



19th Annual Pac-Rim Conference on Disabilities



WHO: Coast Guard families who have a family member with a disability
WHAT: Collaboration and Change: A future of choices for mind, body, and spirit
WHEN: February 10-11, 2003
WHERE: Sheraton Waikiki
WHY: To meet & learn from families & professionals discussing issues important to people with disabilities
HOW: The Coast Guard Spouses Association will generously provide a scholarship for one Coast Guard family to attend!

For more information about the conference, go to www.cds.hawaii.edu or contact Taletha Derrington at 973-9643 or taletha@hawaii.edu. To apply, contact Mary Mansfield, Coast Guard Family Resource Specialist @ 541-1584 or Mmansfield@D14.uscg.mil. Scholarships will be given on a first come, first serve basis.

Coast Guard Blood Drive @ Club 14

All active duty, enlisted, reserve, auxiliary, and family members are welcome to donate blood on Thursday, 12 December 2002, from 0900-1200. Give someone the gift of life! Call Ricky Maldonado at 433-6699 if you have any questions. For more information, visit <http://www.tamc.amedd.army.mil/services/BloodDrive/eligibility30.htm>



Volunteer Income Tax Assistance (VITA) Program



Like doing income tax returns? Like helping others? This is an invitation for volunteers to staff this year's Volunteer Income Tax Assistance (VITA) Program. The VITA program is an IRS tax assistance program where volunteers help Coast Guard members prepare and file their federal and state tax returns. Last year, the program provided \$20,000 worth of free tax services to Coast Guard members on Oahu and the outer islands.

Tax volunteers ideally should be willing to assist 6-8 hours per week during the tax season which runs from 1 February through 14 April. Work schedules are TBD, depending on the level of interest. Volunteers will attend training 6 -10 (Mon - Fri) or 20-24 (Mon-Fri) January 2003. Military (members & dependents), auxiliary, and civilian members can serve as volunteer tax advisors.

Anyone interested please sign up with YN1 Ken Heaton via e-mail or phone, 541-2108.

**ACT NOW!!! SCHOLARSHIP OPPORTUNITIES FOR
MILITARY DEPENDENTS PURSUING HIGHER
EDUCATION AVAILABLE INSIDE...**

